

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claims 1 - 25. (cancelled)

Claim 26. (currently amended) A method of exercise for a person's  
2 abdominals or related muscles comprising:

lying on one's back ~~laying~~ on a substantially flat surface facing up,

4 gripping handles positioned above the person's head, said handles being

~~mounted on a stationary~~ suspended from an inverted frame, said

6 handles further being capable of sliding along said frame to produce

front-to-back, side-to-side, diagonal, ~~circular, or semi-circular~~

8 rotational motion about an axis that is parallel to the user's body when

lying underneath said hand-gripping member during an exercise, or a

10 combination thereof, and

repeatedly sliding said handles along said frame thereby moving the upper

12 body according to a pattern comprising front-to-back, side-to-side,

diagonal, ~~circular, or semi-circular~~ rotational motion about an axis

14 that is parallel to the user's body when lying underneath said hand-

16                    gripping member during an exercise, or a combination thereof ~~while~~  
                      ~~keeping the arms extended~~ to effectuate abdominal crunches or related  
                      muscular exercises.

2                    Claim 27.     (original)     The method of Claim 26 wherein the arms are kept  
                      extended at substantially the same length while exercising.

2                    Claim 28.     (original)     The method of Claim 26 wherein said motion of said  
                      gripping handles is substantially confined to a plane parallel to said surface.

                      Claim 29.     (cancelled)